Masks:

- 1. Use 1 mask per day and only change if soiled (wet or containing saliva)
- 2. Avoid touching the front of your mask
- 3. Remove by using the ear loops/straps



Gloves:

- 1. Use gloves when treating a patient or caring for someone who is sick
- 2. Use gloves when cleaning or sanitizing your work space or home

limit possible cross-contamination by not wearing gloves during daily work tasks or while out running errands